



# West Kirby Farmers' Market



# News

**Next market - Saturday 25th April 2015**



**Hemingway's Pasta** will be at the market this Saturday as usual, with their sauces and pesto. However, Clare will only be making pasta to order as she's still on crutches and it takes a bit of doing!

Please place your pasta order with Clare (0792 112 8696) before Thursday morning.

**Yasmin Limbert** - After the success of my new Scotch Egg Pies (a scotch egg baked in pork pie pastry), I shall be making more for this month's market along with a new Coconut & Pineapple Bakewell and a Homity Pie with leeks, potatoes, spinach & cheese.



**Little Eye** - We are developing a new Malt & Molasses Loaf - it may be ready for the market - but we will certainly bring a cheddar and apple loaf, voted by our testers as a winner!

**Funky Flapjacks** - This month, as we are heading towards summer, sees the return of our rhubarb shortbread - I can't believe it but I actually have my own home grown rhubarb for it! We will also have a vegan carrot cake to taste this month to see what everyone thinks of it.



**Veggie Fayre** - We've been out foraging and will have wild garlic & mushroom tarts, plus toasted pine nut, wild garlic & sundried tomato swirls.

**Eponine Patisserie** - We will have a new flavour of nougat - rose and pistachio, and back by request are our praline marshmallows, alongside a new gin and tonic flavour, perfect for the sunny weather.

**Pen y Lan Pork** - We'll have some new flavours of sausage available for sampling - Chorizo, and Pork & Black Pudding. Pop down early to stock up!



## May Diary Dates

See more details on the [Farmers' Market website](#)

**Sat 2nd May 9.30am - 2.30pm**

**DAL BHAT COURSE**

Traditional Nepalese cooking

**Saturday 2nd May, 10am til 2pm**

**NESTON FARMERS' MARKET**

**Sunday 3rd May, 10am to 2pm**

**WALLASEY FOOD FAIR**

**Thursday 7th May 6pm-9pm**

**MOMO MAKING COURSE**

**Saturday 9th May, 9am to 1pm**

**WIRRAL FARMERS' MARKET**

**Sat 9th or Sun 10th May**

**INDIAN COOKERY COURSE**

At Claremont Kitchen

**Fri May 15th 10:30 am - 12:30 pm**

**MAKE YOUR OWN PRESERVES**

At Fieldcrest Garden School

**Sat 16th May, 10am to ~4.15pm**

**SOURDOUGH BREAD COURSE**

With Little Eye Bakery

**Sunday 17th May, 10am to 2pm**

**EASTHAM FOOD FAIR**

New monthly producers market

**Saturday 23rd May, 9 - 1pm**

**WEST KIRBY FARMERS' MARKET**

**Sunday 24th May 10am-2pm**

**COASTAL FORAGING DAY**

With Jesper Launder

**25th April Market Specials**

## MARKET RECIPE: Make the most of seasonal produce



### Ollie's Orchard Apple Blossom Cocktail

*A little recipe from Wendy Merrick, using Ollie's Orchard apple juice - the perfect cocktail mixer!*

Our apple trees are just at 'bud burst' and the bees are getting ready for the lovely apple blossom to develop, to work their magic on pollinating the orchard. The weather is now sunny and what better than to make a lovely Spring cocktail using our lovely Ollie's Orchard Apple Juice. Enjoy!



Send us your favourite family recipe using seasonal produce and win £10 market vouchers for every recipe used in the newsletter  
[ttwk.food@gmail.com](mailto:ttwk.food@gmail.com)

#### Ingredients:

- 1 oz Brandy
- 2 oz Ollie's Orchard Apple Juice
- 1 tsp Lemon Juice
- 1 dash Vodka

#### How-to:

Pour ingredients into a mixing glass nearly filled with ice. Stir. Strain into a glass full of ice. Garnish with fruit.



## NEW - EASTHAM FOOD FAIR

The Eastham Food Fair is an exciting new fair that will run on the third Sunday of the month at South Wirral High School, Plymyard Avenue, Eastham, CH62 8EH.

The first fair is on Sunday 17<sup>th</sup> May, 10am – 2pm and has a range of stalls offering fresh, local food including bread, fruit & veg, meat, cakes, pies, beer, jams and pickles.

There is an indoor seating area for you to sit and ponder your purchases, and as well as offering fresh, tasty food, there are craft stalls to browse, kids activities, and hot food so there's something for all the family.

Please come along and support your local producers, have a chat with them and find out just how local the food is. They are all friendly and happy to help, you might even get to taste before you buy!



Admission is free, there's plenty of parking, and with the food fair running indoors you can enjoy it whatever the weather.

For further information contact Sally on 07510105549.



## The Eastham Food Fair

10am to 2pm **free admission**  
Sunday 17th May



fresh local food - bread, pies, cakes, fruit & veg, butter, sausages, coffee, hot food...

**South Wirral High School, Plymyard Avenue,  
Eastham, Wirral CH62 8EH**

Twitter @easthamfood Facebook /easthamfoodfair  
[www.wirralfood.wix.com/easthamfoodfair](http://www.wirralfood.wix.com/easthamfoodfair)

Contact: 07510105549 [events@themaplebakery.co.uk](mailto:events@themaplebakery.co.uk)





*Trafford Hall, near Chester, is home to The National Communities Resource Centre - a registered charity offering training and support to those living and working in low income communities around the UK to develop their skills, confidence and capacity to tackle problems and reverse poor conditions.*

Below is a small selection of the upcoming courses from the **DIY Community Action Programme** - one of their current programmes, funded by the John Laing Charitable Trust. Visit their website to find out full details of these courses and many more, both on this programme, and other programmes that they currently offer.

### **Advanced Community Allotments** **30 April – 1 May 2015**

This course is designed specifically for community organisations that have a community allotment project in operation. The energy, commitment, and excitement of developing your project might now be starting to fade a little as the reality of dealing with day-to-day management issues takes over. This course will help to reinvigorate your project with new ideas for developing it further and will look in greater depth at some cultivation techniques to help you with your allotment gardening.

### **Cooking on a Budget** **6-7 July 2015**

Find out everything you need to know to support people in your local area to learn about cooking healthy food on a budget. The course covers the importance of cooking from scratch, the barriers to preparing fresh meals at home, and how to support people in your local area to overcome them.

### **Sustaining Your Community Cafe** **2-3 November 2015**

Designed for participants who have been running or who have just started running a community cafe. This workshop will encourage participants to think out of the box in developing positive strategies to combat funding decline and ensure that their community business is future proofed.

### **Healthier Food and Special Diets** **28-29 January 2016**

Interested in food and nutrition and want to understand what comprises a healthy diet? This course will give you an understanding of the basic principles of nutrition and the key role of nutrition to health. You will also learn about the factors you need to consider which underpin healthy food production and the preparation of meals for special diets. Registered RSPH Trainers, with years of experience of delivering health and nutrition related programmes, deliver this course in a fun, interactive way.

Cost to volunteers working with local community groups £50 for first participant; and then £20 for each additional participant from the same group on the same course.

To apply for a place on a course please contact:

The Training Team on  
01244 300246 or  
[training@traffordhall.com](mailto:training@traffordhall.com)

Cost includes single en-suite accommodation during the course, and all meals and refreshments.

Groups may apply for a small grant to help take things forward, after attending a course.

Trafford Hall  
Ince Lane  
Wimbolds Trafford  
Chester CH2 4JP  
[www.traffordhall.com](http://www.traffordhall.com)



## *DROP IN FOR TEA & CAKE . . . From 2nd West Kirby Sea Scouts*

"Thank you for your contribution, it's much appreciated. You'll see us using the new boats you will help us buy on the Marine Lake every Saturday morning from Easter until Halloween."

"We have been providing nautical training for young people in Wirral for 70 years. In that time, over 1000 young people have learned more about the sea, but more importantly more about themselves, more about working with others and more about how they can make a constructive and rewarding contribution to their own community."

"The current generation of 75 young people are getting involved in the same camping, sailing, kayaking and outdoor adventures their predecessors ever did. Supporting the busy programme means that we are in a constant State of renewal of equipment. Following the very kind donations we received at the Farmers' Market, that last year went towards our two new dinghies, this year's target is to raise money to replace four of our kayaks."

### **we're at...**

St Andrew's Church Hall  
Graham Road  
West Kirby  
Wirral CH48 5DE

## **Where, when & how to find West Kirby Farmers' Market...**

### **on the...**

4th Saturday every  
month, 9am - 1pm  
Sat 25th April 2015  
Sat 23rd May 2015...

### **get there...**

...on foot or by bike - 400 metres from West Kirby railway station, on Meols Drive (towards Hoylake), then right into Graham Road.

...by bus - Services 38, 77, 77A, 437 to West Kirby

...by train - Services every 15 minutes into West Kirby station.

...by car - Parking for the market is not easy. Park on Meols Drive and in town centre car parks; and for blue badge parking only, in the Church Hall car park.

admin@westkirbyfarmersmarket.co.uk • www.westkirbyfarmersmarket.co.uk  
0151 625 0608 • @wkfarmersmarket • facebook.com/groups/westkirbyfarmersmarket